

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) An insert-nut ~~of for use with a carrier in of a car , the insert-nut having a polygonal shape defined by a plurality of sidewalls and characterized in that the insert nut is engaged with a plastic part of the carrier in the car,~~ at least one circumferentially extending groove ~~that is provided along a longitudinal dimension of formed in longitudinal direction at regular intervals~~ ~~the insert-nut, the plurality of sidewalls of the insert-nut being configured to provide a plurality of gaps between the sidewalls of the insert-nut and a surface of an installation hole of the carrier, whereby plastic is injectable into the plurality of gaps and into the at least one groove to secure the insert-nut to the carrier , and the insert nut is formed in a polygonal shape.~~

2. (Currently Amended) The insert-nut ~~of a carrier in a car according to claim 1, wherein the insert nut polygonal shape comprises~~ is formed in a hexagon ~~hexagonal~~ shape.

3. (New) The insert-nut according to claim 1, wherein the polygonal shape comprises a pentagon.
4. (New) The insert-nut according to claim 1, wherein the longitudinal dimension of the insert-nut corresponds to a thickness of the carrier.
5. (New) The insert-nut according to claim 1, wherein a shape of the at least one groove is circular.
6. (New) The insert-nut according to claim 1, wherein a shape of the at least one groove is pentagonal.
7. (New) The insert-nut according to claim 1, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.
8. (New) A method for securing an insert-nut within an insert hole, said method comprising:
mounting the insert-nut into the insert hole, wherein the insert-nut comprises a polygonal shape with at least one circumferentially extending groove provided along a

longitudinal dimension of the insert-nut, a plurality of gaps being provided between the insert-nut and a surface of the insert hole; and

injecting plastic into the plurality of gaps and into the at least one groove of the insert-nut.

9. (New) The method according to claim 8, wherein the polygonal shape comprises a pentagon.

10. (New) The method according to claim 8, wherein the polygonal shape comprises a hexagon.

11. (New) The method according to claim 8, further comprising forming a longitudinal dimension of the insert-nut to correspond to a thickness of a carrier within which the insert-hole is defined.

12. (New) The method according to claim 8, wherein a shape of the at least one groove is circular.

13. (New) The method according to claim 8, wherein a shape of the at least one groove is pentagonal.

14. (New) The method according to claim 8, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.